

# Yucky.

THE MAGAZINE ABOUT HYGIENE

[www.ohiopandemicflu.gov](http://www.ohiopandemicflu.gov)

*Spread the Message Not a Disease*

Winter Issue

## Teaching Old Dogs New Tricks!

Maybe mom was wrong about coughing into your hand. Cough or sneeze into your elbow or upper sleeve when you don't have a tissue.

## "HOW DO I GET RID OF UNINVITED FRIENDS?"

SIMPLY WASHING YOUR HANDS ELIMINATES UP TO 94% OF THE GERMS THAT CAUSE THE COMMON COLD.

**Cover Your Cough!**

**Flu Season Special:**

**Body Aches, Fever, Chills**

### Hand Washing Secrets:

Wash immediately after

- Coughing or Sneezing
- Using the restroom
- Changing diapers
- Handling garbage
- Handling uncooked foods
- Touching animals & pets

SIGNS TO SEE YOUR DOCTOR & MISS THAT FRIDAY FOOTBALL GAME OR THAT NEW BLOCKBUSTER HIT!

*A message from your local health department*